

# *Virginia Legacy's Futbolers Club*



## *Virginia Legacy Skills Competition –Juggling “Futbolers” Club*

### **Why an emphasis on juggling?**

One of the greatest soccer players of all time, Johan Cruyff was quoted as saying, “Youngsters need to develop a close relationship with the ball. They need to get to know it and love it as quality is only achieved through practice. When I played for Ajax juniors, each boy had a football with his name on it.”

Why the emphasis on juggling? What better way to develop a relationship with the ball! The greatest obstacle that youth soccer players face is the struggle of winning the “battle of the ball”! Too often we see that rather than the player “controlling the ball, the ball controls the player”! The art of juggling is a key to mastering ball control. Like a magician, the ball is kept in continuous flight. It’s the genesis of sound trapping, quick one-touches and accurate shots on goal. The development of the skill of juggling provides benefits that money can’t buy. Benefits include better touch, balance, agility, soccer specific fitness and confidence! Although juggling will not make everyone a great player, a USSF National Staff Coach once said to me, “I’ve never seen a professional soccer player that can’t juggle!”

Lastly, it is my hope, that the spirit of this competition, will further the players’ passion, competitiveness, and commitment to improve. Accordingly this competition is not a binding contract. These rules/prizes are up for interpretation by the VLSC Technical Director. No disputes will be considered.

Yours in Soccer,  
Tim Cristian

## *The Rules*

- 1) Juggling competitions will be announced throughout the year during various VA Legacy events and training sessions. Number of Juggles MUST be witnessed at one of the Legacy events or designated training sessions. Anything else is considered PRACTICE: Upcoming Juggling Events – May 9<sup>th</sup> Player Appreciation Day (1:00pm – 2:00pm) and June 20<sup>th</sup> Virginia Legacy PDL Game (7:00pm – 8:30pm)
- 2) Participant must be U14 or Younger
- 3) Thighs, knees, chest, head, and feet can be used to keep the ball in the air. However only juggles with **FEET**, will be counted in the players total
- 4) Ball must be lifted of the ground with player's feet to start. Hands cannot be used at any given time.
- 5) Player's must use the soccer ball size specified for the player's age group.
- 6) The Directors of Coaching will maintain the final juggling count. This competition's Rewards program will be re-evaluated after each seasonal year. (June 1st-May 31st)
- 7) You can only achieve each plateau one time in your life. If you achieve prize C, you may go back and win prize B or A the following contest year. If you win Prize B you may go back a level and win prize A the following contest year. If you skip a prize level where the prize is a T-shirt, you cannot go back to claim the T-shirts below the level you currently stand at.

## *The Prizes for "7007 ONLY" Juggling:*

- 25-99 consecutive juggles earns recognition on the [VLSC Website \(u8-u12 only\)](#)
- 100-249 consecutive juggles earn recognition on the [Virginia Legacy Website](#).
- 250-399 consecutive juggles earn a **WHITE** *Futbolers Club* T Shirt and recognition on the [Virginia Legacy Website](#).
- 400-599 consecutive juggles earn a **BLACK** *Futbolers Club* T Shirt and recognition on the [Virginia Legacy Website](#).
- 600-999 consecutive juggles earn a **RED** *Futbolers Club* T Shirt, recognition on the [Virginia Legacy Website](#).

### **ELITE LEVELS**

- **Prize A:** - 1000-1499 consecutive juggles earns a Gold T-shirt and 1 free week of VA Legacy travel soccer camp and recognition on the [Virginia Legacy Website](#).
- **Prize B:** - 1500-2499 consecutive juggles earns a Gold T-shirt and \$500 off 1-year of VA Legacy dues and recognition on the [Virginia Legacy Website](#).
- **Prize C:** - 2500+ consecutive juggles earns a Gold T-shirt and \$1000 off 1-year of VA Legacy dues (or refund if applicable), and recognition on the [Virginia Legacy Website](#).

## **Example of Posting on Virginia Legacy Website:**

# **FUTBOLERS CLUB (100-249JUGGLES)**

Player's Name	Age (Yrs./Mos)	Team Name	Number of Juggles	Date
Johnny Juggler	11 yrs 3 mos.	U12 White	177	9/14/2008